

Indoor Track Sets Two School Records In Opening Meet

The Sandwich High Indoor Track team opened the winter season with losses to the Dolphins of Dennis-Yarmouth at the Reggie Lewis Center Wednesday night. The SHS boys fell 68-31, while the girl dropped a 72-28 decision.

Tim Regan set a new school record in the 55m dash with a time of 6.94 and Caela Berger set a record for the Lady Knights in the 55m hurdles of 9.68 seconds.

Sam Ellis won two events for the Blue Knights taking the 55m hurdles with a time of 9.4 seconds and also winning the high jump clearing the bar at 5-5. Brad Bailey won the 300m in a time of 39.4 seconds.

The Lady Knights 4x2 relay team of Emily Travers, Emma Riedel, Caroline Conena and Caroline Warren won in a time of 1:54.4. Riedel also won the 55m dash in 7.74 seconds. Warren picked up a win in the 300m at 44.8 seconds and Conena won the 600m with a time of 1:44.3.

In just its third season the Sandwich High School winter track team has blossomed to 70 student-athletes. Returning to the team this winter as senior captains for the girls' team are Caroline Warren, Caroline Conena, Emma Riedel and Caela Berger. Emily Travers, a junior, will act as an assistant captain.

Once again the strength of the Lady Knights will be the 4x4 relay team which reached the National Championship last year finishing 20 in the country. The foursome of Warren, Conena, Riedel and Travers each earned Atlantic Coast League All-Star recognition.

"I'd like to see us qualify early in the sprint medley relay," Coach Steve Infascelli said.

"The kids will do fine in the 4x4, but I think they'll be incredible at the sprint medley."

In the sprint medley relay Conena would run the 800m, with Riedel and Travers each doing a 200m leg with Warren running the 400m.

Warren will also compete in the 300m and high jump. Conena will run the 600m as well as the relays and Travers will do the long jump and 55m dash. In addition to the relays Riedel will compete in the long jump and 55m dash.

Another ACL All-Star from last season Caela Berger finished fourth in the league in the 55m hurdles.

"This year I think she can win it all," the coach said of Berger.

On the boys side the Blue Knights will be led by senior captains Brad Bailey, Greg Bailey and Greg Baldwin.

"I'm really excited about our boys 4x4 team this year," Infascelli noted. "They look very strong."

Brad Bailey, Tim Regan, Greg Baldwin and Sam Ellis will compete for Sandwich in the 4x4 relay.

"This is the first year of indoor track for Tim and he'll be looking at breaking some Sandwich High School records in the 55m, 300m and in the 4x2 and 4x4 relays,"

Infascelli pointed out. "Greg Baldwin has really turned things around. He has a great work ethic. Greg had a nice season last spring and then ran 60 to 70 miles a week over the summer and had a strong cross-country season this fall. We're looking for him to qualify for states in the 600m and the 4x4 relay."

Sam Ellis is one of the most versatile athletes on the team.

“He does everything,” the coach said. “Sam will do the 55m hurdles and the high jump, but his hurdles are the best. He is our best 600m runner and runs the 4x4 relay. He’s the type of guy that I can put anywhere and he can score points.”

Brad Bailey is a returning ACL All-Star and will give the boys’ squad veteran leadership.

“Brad was a state qualifier in the 300m and we’re hoping to see him set a new school record in it this winter,” Infascelli explained. “He has great determination and the ability to motivate. He’s the leader of our 4x4 team.”

Another strong competitor back this season is junior Steve MacDonald.

“We’re hoping he will qualify in the 1000m this year,” the coach said. “He had a great summer of running and a great cross-country season. Everything is looking really good for him right now.”

MacDonald will also compete in the high jump.

Also coming off a successful cross-country season is junior Jason Lefavor.

“Jason will run the one-mile and the two-mile for us,” Infascelli pointed out, “and I think he could qualify for nationals in the 5000m run.”

Freshman Dave Allen adds youth and a determination to win to the roster this winter.

“He is a stubborn competitor,” the coach added. “He’ll run with anyone. Dave will do the one and two mile and he’ll probably be our fastest miler.”

Senior Alyssa Caggiano will be assisting Infascelli this season.

“Alyssa ran the last two years, but will run just for fun this winter,” Infascelli said. “She will be acting as an assistant coach. She was one of the captains of the cross-country team last fall. She has been great and is doing so much right now. She is really helping us stay organized.”